

# Therapy Lesson Plan – Strengthening + Bilateral Coordination

<b>Date(s) of Lesson(s):</b>
<b>Therapist and Title:</b>
<b>Student(s) or Classroom Group:</b>

## Goals Addressed:

- muscle strengthening and bilateral coordination practice
- following three step directions
- understanding left from right - visual spatial skill practice
- jumping over an object

**Materials:** large ball, hula hoop, cones and cuff weights

## Directions:

1. Begin with muscle strengthening and proprioceptive activities on the mat:
  - quadruped: cat and camel stretches, 4 point extension in quad 5x each leg and arm, downward dog x 5 seconds, prone extension hold for 10 seconds repeat if able
  - abdominal exercises: egg roll – grab knees to chest and rock onto back and up to sitting. Repeat 10x, abdominal crunches
  - Lower abdominal exercises: on back, hips at 90 degrees, slowly lift legs off of floor (knees straight if possible). Repeat 10x and additional sets if able.
  - Bridges – knees bent, feet on floor lift hips up 10X + additional sets if able
2. Progress to lower extremity strengthening:
  - perform 10 squats against wall
  - squat and hold wall sit for 20 seconds
3. Place cuff weights on hula hoop. Put cones around room. Holding the weighted hula hoop with two hands try to throw it around the cones. Try holding the weighted hula hoop on a yard stick perpendicular to the floor and drop the hoop over the cones.
4. Holding the weighted hula hoop practice holding it to the left, right, high and low. Try holding the hoop and climbing through the hoop.
5. Create an obstacle course with a few chairs or cones. The child can negotiate the obstacle course rolling the hula hoop through the course.
6. Rest the hula hoop on two small blocks, upside down plastic cups or hard cover books – practice jumping in and out of hoop without knocking it over

## Assessment:

	# of trials correct
Able to follow 3 steps to complete obstacle course	

Able to follow left and right directions with hula hoop	
Able to demonstrate bilateral coordination holding hula hoop with two hands	
Able to jump over hoop with knocking it over	

**Tips/Modifications:**

Play music to work out with the weighted hula hoops.

Play Simon Says with different hula hoop motions.

If the child can not roll the hula hoop through the obstacle course, try negotiating the obstacle course holding the hula hoop at waist level. The object is not to knock into any obstacles with the large hoop to encourage body awareness and motor planning.

Vary the height of the hoop resting on the blocks. If the child can not jump in and out of the hoop try stepping in and out of the hoop without knocking it off the blocks.